



How to remove and clean Arbor Rally Longboard bearings

If your Arbor Rally longboard has felt sluggish recently or you're not satisfied with its performance, this guide will help you improve your ride.

Written By: Casey Barbello



INTRODUCTION

If your Arbor Rally longboard has felt sluggish recently or you're not satisfied with it's performance, this guide will help you improve your ride.



TOOLS:

- [Smart Wrench](#) (1)
1/2" open-ended or socket wrench
- [Large Needle Nose Pliers](#) (1)



PARTS:

- [Bearing Lubricant](#) (1)
 - [Paper Towels](#) (1)
-

Step 1 — How to remove and clean Arbor Rally Longboard bearings



- Use the half inch wrench to remove the nut on each wheel. Then remove each wheel.
- Be careful not to lose the washers that sit between the nut and wheel, they are small and hard to find after you lose them.

Step 2



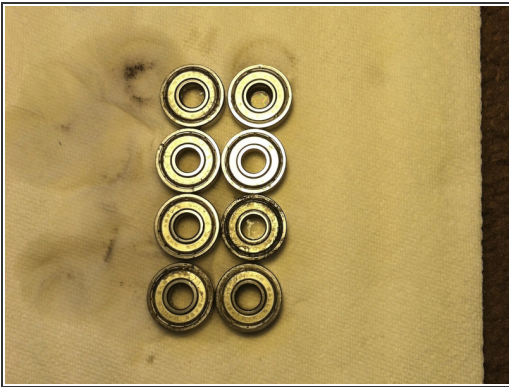
- Use needle nose pliers to remove the bearings from both sides of each wheel.

Step 3



- Place the bearings in soapy water and let them soak for 5 minutes.

Step 4



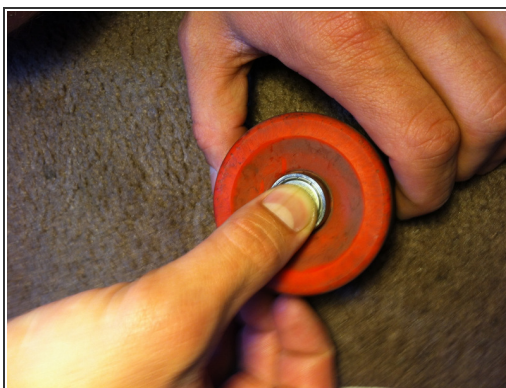
- Wipe off the dirt from each bearing and dry them thoroughly with a paper towel.

Step 5



- Apply a few drops of lubricant to the inner portion on both sides of each bearing.
- Spin the bearings and wipe off any extra lubricant that has not settled in.

Step 6



- Push the bearing into the wheel by applying even pressure with your thumb.

Step 7



- Spin the wheel to make sure that the bearings are properly aligned and running smoothly.

Step 8



- Place the wheel on the axle followed by washer and then the nut.
- Tighten the nut with your fingers as much as you can first and then use the wrench to finish the job.
 - Do not tighten the nut too much or else the wheel will not be able to spin. You should be able to slightly shake the wheel up and down along the axle.

To reassemble your device, follow these instructions in reverse order.

This document was last generated on 2017-06-27 12:34:28 PM.